



Citrus College

June 30-July 28, 2018

In co-operation with the *American Institute for Foreign Study*



Kyoto



- Old Imperial Capital
- UNESCO Sites
- Tourist Friendly
- Small City
- Cultural Center

Kinkaku-ji



AIFS GROUP FLIGHT



June 29: **Japan Airlines** dep Los Angeles (LAX)
depart 1:45pm

June 30: arr Kansai Airport (KIX) at 6:15pm

Flight itinerary on the AIFS Portal

Ticket confirmation and luggage tags packet mailed
10 days before departure

AIRPORT TRAVEL



- Check-in minimum 3 hours
- Tickets, passports, arrival directions to accommodation
- Carry-on bag and checked luggage
- Pack a spare set of clothes and medication in carry-on
- Let AIFS know if you are delayed
- Patience, Listen, Relax!

AIFS STAFF



- Dedicated to student services and helping AIFS students make the most of their time abroad
- There to answer any questions you may have, give travel advice and local information
- Support for homesickness and culture shock
- Know the best restaurants, things to do, etc in Japan!

ARRIVAL DAY JUNE 30



- Group flight students will be met by AIFS at airport and transfer to apartments by private bus
- Own arrival students to make own way to hotel
- Passports are needed for check-in- please submit on AIFS student portal
- You will receive your travel pass and welcome packets on arrival- staff on hand to answer any questions and help you settle in
- Send travel itinerary to jlees@aifs.co.uk

ORIENTATION JULY 1



MORNING

- Orientation session with AIFS staff
- Meet in lobby to travel to together- make sure to bring your travel pass!

AFTERNOON

- Walking tour of Higashiyama

WEEK 1 SCHEDULE



Monday July 2- First day of Classes

9-12:20pm	HIS109
1-4:20pm	PSY220
Eve	Welcome Meal

Tuesday July 3

9-12:20pm	HIS109
1-4:20pm	PSY220

Wednesday July 4

TBC	Ni-jo Jo Castle Guided Tour
	Kinkakuji Guided Tour

WEEK 1 SCHEDULE



Thursday July 5

9-12:20pm HIS109

1-4:20pm PSY220

Friday July 6

Full day trip to Nara. Please check your itinerary and listen for staff announcements

Saturday July 7 and Sunday July 8

Free weekend

ACCOMMODATION KYOTO



3 Guesthouses in Kyoto
(Less than 20 minutes
apart)

Mini-apartments located
in Higashiyama area, close
to many famous sites in
Kyoto!

Your apartment will have a
kitchenette, a washing
machine, a computer, a
bath and shower, a
hairdryer, TV, table and
towels.

Apartment Living Space

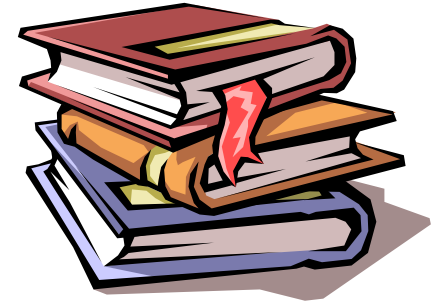


ACADEMIC-1st Class July 2



9-12:20pm HIS109

1-4:20pm PSY220



Please refer to itinerary for class days- we're not on a regular M-Th schedule due to holidays and room availability

Kyoto Classroom



Miyakomesse

1 in Okazaki

Kanzoji-cho

Sakyo-ku

Kyoto 606-8343 1

075 762 2630

Wifi, restaurant,
vending machines,
photocopies, lockers
Close to a convenience
store, Starbucks



Kyoto Classroom

Bus stop pictured

20-30 minute walk
from accommodations
or direct bus ride



Torii gate to the Heian shrine



NARA DAYTRIP JULY 6



Full-day excursion to Nara

Nara

Japan's first permanent capital, less than one hour by train from Kyoto

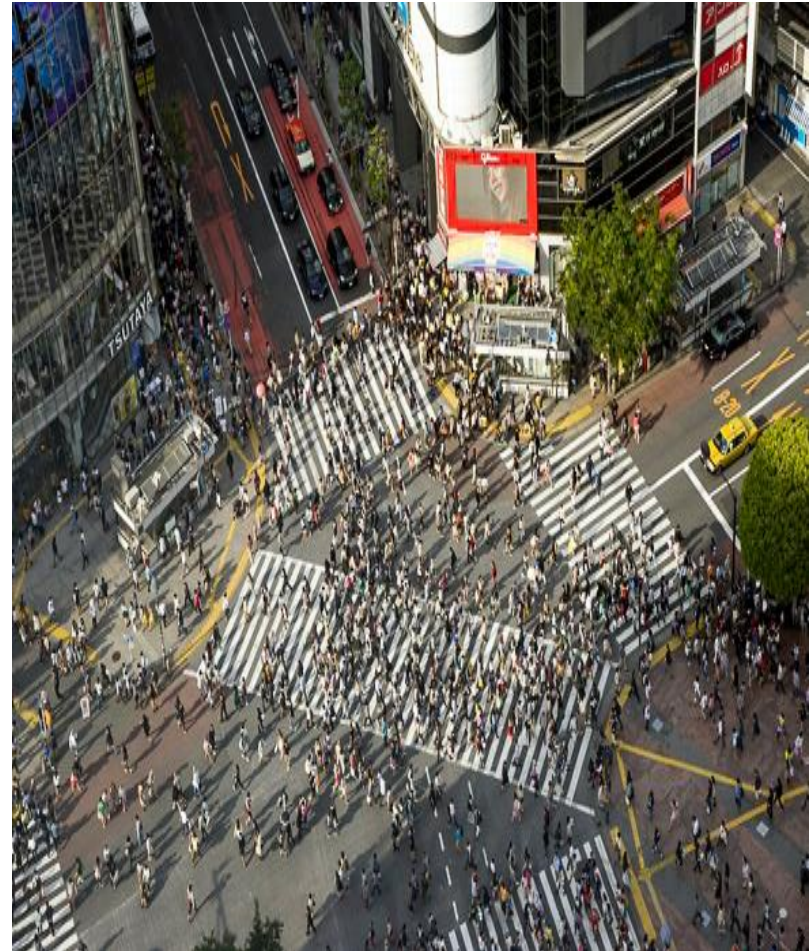
Nara has some of Japan's oldest and largest temples, including the big Buddha statue

Nara Park is the city's central park, full of wild deer

JAPANESE FOOD



JAPANESE STREETS AND PARKS



AIFS DISCIPLINARY PROCEDURES

- All students sign an agreement and release form
- Students who continually disregard rules will be removed from the program
- Written warning system – upon receiving a third written warning students will be removed from the program
- Abuse towards staff, guides, faculty

MAIL

- Care packages - send with caution!
- Mark all packages “**used personal goods**”
- Beware of importation taxes for U.S. goods
- Expect packages to take at least a week if sent with USPS
- **AVOID mailing medications / cosmetics / food**

STAYING IN TOUCH



- Download apps to your smartphone:
Whatsapp, Viber, Skype
- Japanese cell phone/sim advice on arrival
- Consider an international plan
OR turn off data & roaming to avoid a huge bill
- Buy SIM card for data only on arrival- must be 3G phone
- Mail postcards and letters to family and friends at home

YOUR SMARTPHONE



- Check insurance
- Use as wi-fi device
- Roaming data - caution
- Take care if using as a map

It is not the answer to everything!

INTERNET & WiFi ACCESS



Free Wi-fi in accommodation and study center in Kyoto (main area only, not in classroom)

Expect it to not work as well as at home

Remember the time difference!

Respect your roommates

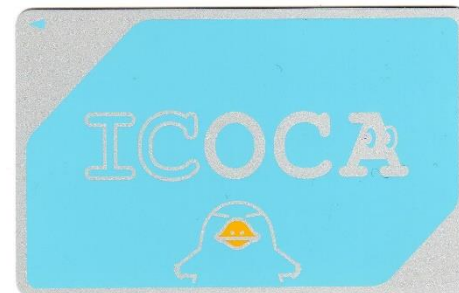
Plenty to see in the city...

Be careful
what you
post on
social media!

TRAVEL PASS KYOTO

- Loaded with 10,000 Yen
- Valid on all subways, JR lines, buses, daytrip travel from Kyoto
- Use in shops, convenience stores, vending machines
- Preloaded amount, can be recharged and balance can be refunded

*Often biking, walking or 1 day bus pass better option for travel

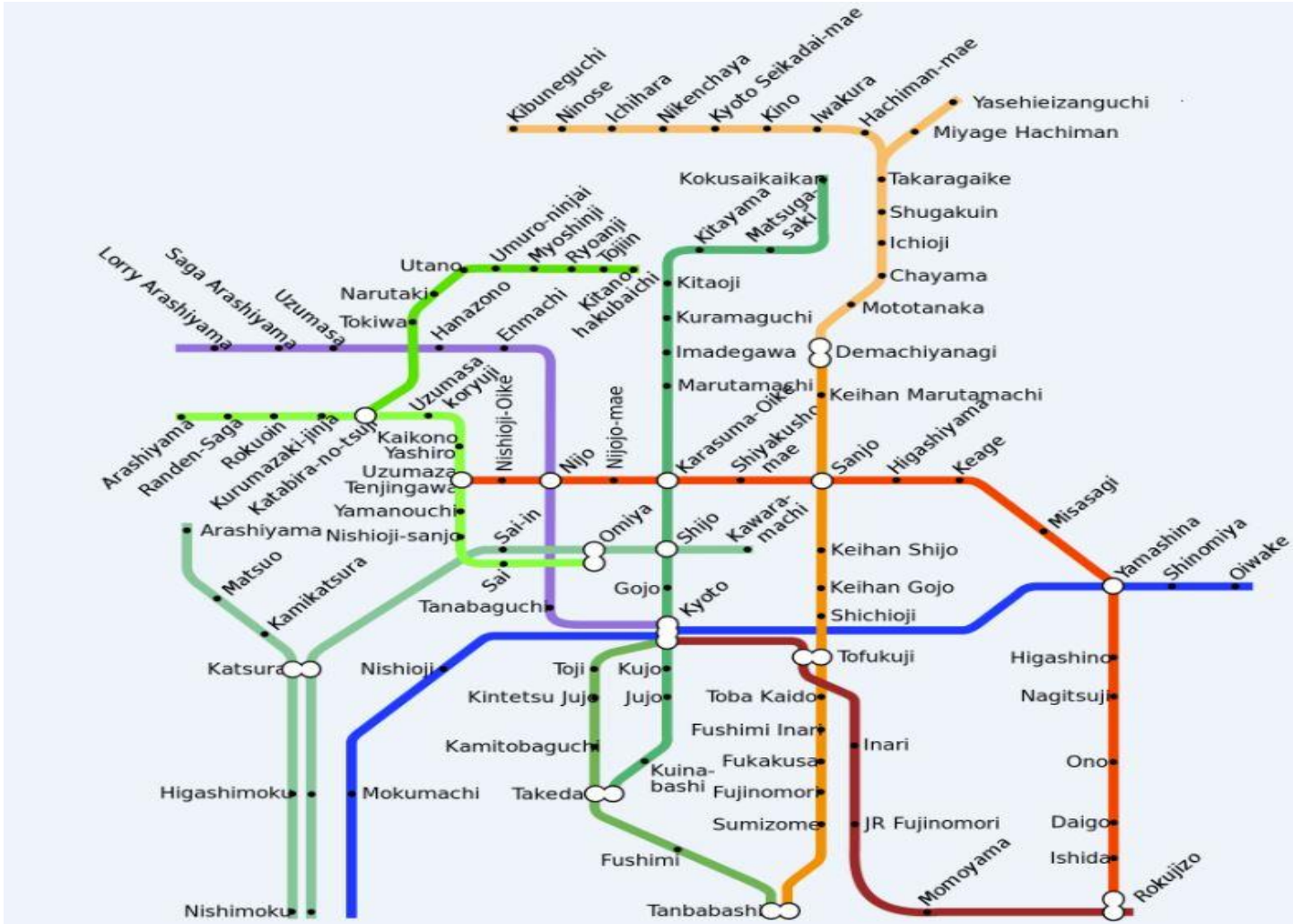


KYOTO ONE DAY BUS PASS

- If sightseeing in Kyoto, this is your best travel option!
- You can purchase from your guesthouse reception in advance and validate on bus.
- It costs 500 yen and covers all bus travel in Kyoto city center for one day.
- Great and cheap way to get around Kyoto but can be crowded and slow.



KYOTO TRANSPORT



PACKING



- **One checked bag (max 50lbs), one carry-on, one personal item**
- Medication – enough for entire program
- Clothing you will wear/ can layer / wash easily
- Rain gear and comfortable shoes
- MP3 player for long journeys
- Laptop/tablet for class work

SOUVENIRS

STAIRS

INSURANCE

PACKING: DON'T BRING

- Bed linen, pillows, towels
- Clothes you “might” wear
- Heavy and/or expensive items, such as jewellery
- Hairdryer / flat irons



CLIMATE IN Japan



Temperature changes

Plenty of walking

Rainy Season

Takes time to dry your clothes

You'll be living in a busy city

KYOTO	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Rainfall (Inches)	1.8	2.1	4.1	6	6.2	8.3	8.1	5	8.2	5	2.5	1.8
Min Temp (°F)	34	36	39	48	57	66	73	75	68	55	46	37
Max Temp (°F)	46	48	55	66	66	81	88	91	82	72	63	52

POWER

US
110 Volts

JAPAN
100 Volts

Laptops, tablets, smart phones =
OK

Hair dryers, flat irons = NO

Adaptors vs convertor- not
needed

Any doubts- ask!



MONEY



- Tell your bank you will be in Japan

Debit Cards

Cirrus, Plus, Star
- check fees

Credit Cards

Visa / Mastercard
(no AmEx)



- Travel Money Card
- Japan is a cash society. Foreign ATMs are limited- convenience stores are the best option
- Bring €100-150 in cash
- Don't bring \$\$\$ cash
- www.xe.com

HEALTH AND INSURANCE

- If you have medication, bring enough for whole trip
- All students are covered by AIFS-provided insurance
- Pre-existing conditions covered up to \$500
- No dental coverage
- English-speaking doctor services available in Japan
- Pharmacies give great advice
- Look after yourself!

**\$50
deductible
per claim**

SAFETY & SECURITY

- Register with Smart Travel Enrollment Program (STEP)
<https://www.step.state.gov/step>
- Photocopy / scan passport in advance
- Limit expensive items
- Neutral clothing
- Pickpockets / stay alert in crowds
- Common sense!



REGISTER

WITH US EMBASSY STEP PROGRAM

AIFS...

- Logs weekend travel plans – weekly email
- Receives U.S. State Department Advisories
- Has emergency procedures and extensive back-up services
- Has excellent links with local emergency services
- Over 50 years in Study Abroad



SmartTravelerEnrollmentProgram
A SERVICE OF THE BUREAU OF CONSULAR AFFAIRS
U.S. Department of State



Sign In or [Create Account](#)



[Forgot Username](#) or [Password?](#)

TRAVELING?
Enroll a trip and get Travel Alerts and Warnings



STAYING AT HOME?
Get Travel Alerts and Warnings



FREQUENT TRAVELER?
Create an account



CULTURAL DIFFERENCES

Busy City – Tourism

Walking

Language

Food

Attitudes

Etiquette



DIFFERENCES CAN BE POSITIVE!

KEEP AIFS INFORMED



- AIFS Staff has an Emergency Phone which you can reach them on at any time!

From U.S phone: 011 81 75 746 5094

From Japanese phone: 81 75 746 5094

- Tour manager: (Mr.) Hiro Takakura
- Make sure you have this number handy on arrivals day in case you are delayed or lost!

QUESTIONS FOR AIFS?



Email your Program Manager
jlees@aifs.co.uk



Call AIFS toll-free in Stamford, CT
(800) 727-2437



www.aifscustomized.com



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